



2015-2016

(Special Programs Organized for Recreation Time)

A year round program which provides activities for individuals with special needs. Participants of all ages and levels are welcome to enroll.

Funding for this program is provided by the Towns of Belmont and Watertown, as well as user fees and private donations. Dedicated volunteers enable the S.P.O.R.T. Program to offer many outstanding programs at nominal fees. We promise continued excellence in recreation programming for individuals with special needs.

Registration Information

Welcome to the start of the 2015-2016 season for Belmont S.P.O.R.T. To make registering for programs easier and to better plan your fall and winter schedules, we will register now for programs through the end of winter. We encourage you to plan ahead. Register early as programs will fill up and space is limited. Be sure to provide us with **up to date contact information such as address, phone and e-mail address.** These are helpful in allowing us to notify participants of changes and/or cancellations.

IMPORTANT SAFETY INFORMATION

Family members and staff, always make sure that there is an instructor or coach at a program before you drop off an athlete/participant. Also, please arrive on time to pick up an athlete at the end of a program or event. There should be no instance where an athlete is left unsupervised.



Belmont S.P.O.R.T.
Susan Weiner, Director
Belmont Recreation Department
PO Box 56 Belmont, MA 02478
(617) 993-2760
www.belmontsport.org



SPECIAL UPCOMING EVENTS

Bermuda Cruise: August 28 – September 4, 2015

ACKNOWLEDGEMENTS

- Athlete of the year– Tom McCarter
- Coach of the year – JohnPaul Argenti
- Volunteer of the year– Kristina Smith

Cast your vote for Belmont SPORT customer choice awards @
www.watertownsavings.com

A FEW IMPORTANT REMINDERS

- Most of your questions can be answered by calling the Recreation Department at (617) –993–2760. The office is open Monday–Friday from 8am until 4pm. After 4:00, you can call the recorded information number at 617–993–2768.
- All checks for programs listed in this booklet should be made out to the Town of Belmont, and mailed to:
Belmont Recreation Department P.O. Box 56 Belmont, MA 02478
- A non–resident is anyone who does not live in Belmont, Watertown, Arlington, or Waltham
- When filling out the registration form please make sure to put the [most up to date contact information for the S.P.O.R.T. participant.](#) This is the information we use if we ever have to contact participants with last minute program changes!

The Recreation Commission has ZERO TOLERANCE for misconduct by a participant or parent while at a Recreation Dept. program or facility. Any person who willfully disregards Recreation Commission policy may be removed from the program and/or have their membership privileges revoked.

Follow us on [**FACEBOOK**](#): Belmont SPORT

Price List Fall/ Winter 2015/2016

Program	Resident Cost	Non-Resident Cost	Location
Swimming Lessons	\$40	\$50	Belmont High School
Special Olympics Soccer	\$40	\$50	Winn Brook Elem. School
Unified Flag Football	\$40	\$50	Winn Brook Elem. School
Saturday Mini-Camp	\$40	\$50	Beech St. Center (266 Beech St.)
Time Out	No Charge	No Charge	Beech St. Center (266 Beech St.)
Candlepin Bowling League	\$40	\$50	Lanes and Games
Water Aerobics	\$50	\$60	Belmont High School
Dance Like a Star	\$40	\$50	Beech St. Center (266 Beech St)
Special Olympics B-Ball	\$40	\$50	Various locations
Floor Hockey	\$40	\$50	Beech St. Center (266 Beech St)/ Winn Brook Elem. School
Ice Skating	\$40	\$50	Viglirolo Skating Rink
Nordic Skiing	\$10	\$20	Leo J. Martin Golf Course
Alpine Skiing	\$10	\$20	Nashoba Valley
*Friday Night Socials	No registration cost	\$20 for 1 year	Various locations
RAD Self Defense	\$5	\$15	Chenery Middle School
Lights Camera Action	\$40	\$50	Belmont Media Studio
Children's Program	\$30	\$40	Town Hall Belmont

*Friday Night Socials: no-charge for registration for residents of Belmont, Watertown, Arlington and Waltham. Non- Residents registration fee is \$20 **plus the cost of event.**

Beech Street Center (Senior Center) is located at:

266 Beech Street, Belmont MA 02478

Important Dates

Sunday Sept.13,2015	Soccer & Flag Football Tryouts	Winn Brook Field
Wednesday , September 16, 2015	Eric Hablow Golf Tournament	Sandy Burr Country Club Wayland, MA
Wednesday, Sept 30, 2015	Friends and Parent Meeting	Beech St Center 266 Beech St Belmont
Saturday October 17, 2015	Saturday Programs Begin	
Saturday October 24, 2015 10:30 - 12:00pm	Floor Hockey Tryouts	Beech St. Center
Saturday October 31, 2015 10:45 - 12:00pm	Basketball Tryouts	Belmont High School
Sunday, November 8, 2015	MA Special Olympics Soccer Tournament	Governor's Academy Byfield, MA
Sunday, November 15, 2015	MA Special O Flag Football	Franklin High or Gillette Stadium
Friday, November 20, 2015	Basketball Shoot a Thon	Belmont High School
Saturday December 12, 2015	S.P.O.R.T. Holiday Party	Beech Street Center
Sunday, Mar 6, 2016	Winter Games Basketball Player Development	TBA
Saturday and Sunday March 12-13,2016	Winter Games Basketball, Floor Hockey	Worcester Area
Saturday and Sunday March 19-20, 2016	Alpine	TBA

Swimming Lessons

At the Belmont High School Pool on Saturdays. Class time depends on your level, see table below for details. Certified instructors and volunteers will help you refine your technique or get you started on the basics of swimming during this 30 minute class. **RED** means change of time just for that week.

Swimmers must be able to dress themselves or have a parent/staff person to help. Our staff does not monitor the locker rooms.

Session 1: October 17, 24, 31 November 7, 14, 21, Dec. 5, 12

Session 2: January 9, 16, 23, 30, February 6, 20, 27, March 5, 12, 19, 2016



Date	Level	Time	Location
Sat. October 17	Beginner	2pm or 2:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. October 24	Beginner	12pm or 12:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. October 31	Beginner	12pm or 12:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. November 7	Beginner	12pm or 12:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. November 14	Beginner	12pm or 12:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. November 21	Beginner	12pm or 12:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. December 5	Beginner	2pm or 2:30PM	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. December 12	Beginner	2pm or 2:30	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. January 9	Beginner	12pm or 12:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. January 16	Beginner	12pm or 12:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. January 23	Beginner	2pm or 2:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. January 30	Beginner	12pm or 12:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. February 6	Beginner	2pm or 2:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. February 20	Beginner	12pm or 12:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. February 27	Beginner	12pm or 12:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. March 5	Beginner	2pm or 2:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. March 12	Beginner	12pm or 12:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High
Sat. March 19	Beginner	12pm or 12:30pm	Belmont High
	Intermediate	1pm	Belmont High
	Advance	1:30pm	Belmont High

Dance like a Star

Come dance with us. Create your own dance routine while you learn the latest steps. Held Monday nights at the **Beech Street Center from 6:30- 7:30pm**

Session 1: September 21, 28, Oct. 5, 19, 26 Nov. 2, 9 16, 2015

Session 2: January 4, 11, 25, Feb 1, 8, 22, 29 March 7, 14, 2016



Special Olympics Soccer

Weekly practices at the **Winn Brook Field** include drills and scrimmages. Athletes will be divided into teams based on skill assessments. Assessments will be made at the first practice.

Ages: 8 and over on Sundays at the Winn Brook Field in Belmont from **3:30pm – 4:30pm**

Dates: September , 13, 20, 27, October 4, 11, 18, 25, 2015

State Tournament November 8, 2015 Governor's Academy



Unified Flag Football

Join Belmont S.P.O.R.T.'s unified flag football team. Athletes and partners will learn how to punt, pass and kick, as well as the rules for Special Olympics Flag Football. The team will have the opportunity to compete in the Fall Tournament. Ages: 8 and over on **Sundays at the Winn Brook Field in Belmont.**

Pats practice from 10:00 – 11:30. Hawks practice from 10:30 – 11:30. You will be notified after the first practice which team you will be on.

Date: September 13, 20, 27, October 4, 11, 18, 25, November 1, 8, 2015

Tryouts for Flag Football are on September 13, 2015 from 10:30 – 11:30



R.A.D. Self Defense

Held Monday and Wednesday nights at Chenery Middle School 6:00 – 7:30pm

Learn how to protect yourself at home and in the community. Participants will learn what is appropriate touching vs. inappropriate. There will be some whole group instruction, and sometimes separate male and female instruction. There will be one session.

Dates: September 14, 16, 21, 23 2015



Water Aerobics

This program will help you feel fit and slim down while having a lot of fun. Great music will help motivate you through this one hour long class held **Thursdays** at **Belmont High School 7:00- 8:00pm**

Session 1: Oct 1, 8, 15, 22, 29 Nov 5, 12, 19, Dec 3, 10, 2015

Session 2: Jan, 7, 14, 21, 28 Feb 4, 11, 25, March 3, 10, 17 2016

Saturday Mini Camp

Held at the **Beech Street Center, 266 Beech St. Belmont, MA 10:45am-12pm** offering arts and crafts and an exercise component. The hours are flexible to accommodate other Saturday programs.

Session 1: October 17, 24, 31 November 7, 14, 21 2015 December 5, 12, 2015

Session 2: January 9, 16, 23, 30 February 6, 20, 27 March 5, 12, 19, 2016

Please Note:

Saturday October 17th - Meet at the Bulter School 90 White St. Belmont

Saturday October 31 – Meet at Belmont High School Room 113

Time Out

Fill-in program open to Floor Hockey players and Mini-Camp participants who are enrolled in swimming lessons. Enjoy some free time with friends between programs. Bring your lunch, a favorite CD or book, enjoy making a simple craft or just hang out chatting with your friends for an hour or so. Saturday mini-camp staff will chaperon the hour. **12:00pm-1:00pm**

Session 1: October 17, 24, 31 November 7, 14, 21, December 5, 12, 2015

Session 2: January 9, 16, 23, 30 February 6, 20, 27, March 5, 12, 19, 2016

Saturday October 17th - Meet at the Bulter School 90 White St. Belmont

Saturday October 31 – Meet at Belmont High School Room 113



Candlepin Bowling League

Teams of 8 players bowl in this non-competitive league for fitness, skill development and the opportunity to have fun with friends! Parents and friends are encouraged to assist in the league by scorekeeping. Takes place on Saturday mornings from **9-10:15am** at **Lanes and Games on Rte. 2** in Cambridge. For those needing transportation, a van will leave from the Phillips School in Watertown at 8:45am. We will provide transportation to other Saturday programs from Lanes and Games. **Space is limited in this program!!**

Session 1: October 17, 24, 31 November 7, 14, 21 December 5, 12, 2015

Session 2: January 9, 16, 23, 30 February 6, 20, 27, March 5, 12, 19, 2016



Floor Hockey

Played on **Saturdays (10:45am-12pm)** at the **Beech St. Center** and /or **Wednesdays at the Winn Brook School (6:30 – 7:30)** floor hockey is a sport similar to street hockey but played indoors with a felt donut shaped puck passed using straight sticks. Interested athletes of all ability should attend tryouts on:

Saturday October 24 at 10:30am-12pm at the Beech Street Center (266 Beech Street)

ALL players must supply and wear their own helmets, gloves and shin pads.

Saturdays: Oct. 24, Nov. 7, 14, 21 Dec. 5, 12, 2015 Jan 9, 16, 23, 30 Feb. 6, 20, 27 Mar 5, 2016

Wednesdays: Dec 2, 9, 16, 2015 Jan. 6, 13, 20, 27 Feb 3, 10, 24 March 2, 9, 2016



Special Olympics Basketball

For athletes ages 8 and over. Weekly practice will focus on skill development and teams will be formed according to abilities. Each team will be assigned a practice time and all teams will play games. Divisioning will be by age and ability.

IMPORTANT: TRYOUTS are on Saturday October 31, 2015

Belmont High School Field House

10:45am – 12:00pm

Weekly practices will begin on Monday, November 30, 2015 at various locations

Information will be mailed.



Ice Skating

Jean Giblin Raftery will be back to teach basic skating skills and also coach for Special Olympic competition in figure and speed skating. With an eager group of volunteers and some special supports to help with balance, we're sure everyone will have a great time. **Sunday's at the Belmont Indoor Rink on Concord Ave from 1pm-1:50pm Helmets must be worn!**

Session 1: November 8, 15, 22, 29 December 6, 13, 20 2015

Session 2: January 10, 17, 24, 31, February 7, 14, 21, 2016



Nordic Skiing

At the Leo J. Martin Golf Course for skiers ages 8 and over. This program is held on Tuesday nights beginning January from **6:30-8pm**. This program is open to skiers who are new to the sport or more experienced skiers who want to compete at winter games. Training is provided for athletes wishing to compete. **There is a \$5 per week equipment rental cost.**

Dates: January 5, 12, 19, 26, February 2, 9, 2016



Alpine Skiing

This program is held at the Nashoba Valley Ski Area in Westford, MA for six Saturday nights beginning on January. Experienced Special Olympic coaches will train athletes for Winter Games competition. This program is open ONLY to athletes wanting to train and compete in the Special Olympics Winter Games. You must provide your own transportation. **Nashoba Valley at 6:00-9:00pm**

All athletes must have their own equipment!

Dates: January 9, 16, 23, 30, February 6, 13, 2016



Lights... Camera.... Action!!!

Did you ever wonder what it would be like to produce your own TV show? We are very excited to be working with Belmont Media Center. Come learn the behind the scenes of TV production. We will even be making our very own TV show.

We will be meeting at Belmont Media Center 9 Lexington St Belmont on Thursday evenings from **6:00 to 7:30pm** (the days that we go out to shoot the TV show will be longer hours)

Dates: September 17,24 October8,15,22, November 5,12,19 2015

You must be at least 18 years old to participate space is limited



Friday Night Socials

This program takes place on Friday evenings from 7-9:00pm for ages 13 and older.

The time may vary with the program.

All participants must sign up for the Friday Night Socials program in order to receive the monthly schedule. We can no longer mail out schedules to individuals who are not registered with the department! You will only receive the social schedule if you are registered. If you want both the fall and winter schedules, you must register for both! There is no cost to register for the social schedule if you live in Belmont, Watertown, Arlington or Waltham.

All non-residents must pay the registration fee of \$20 which will cover both fall and winter.



NEW!

Children's Program

Music and Movement

Shake, Rattle and Roll on **Wednesdays**

Come meet some new friends while playing game.

Session 1 October 7, 14, 21, 28, 2015

Session 2 January 6, 13, 20, 27, 2016

4:15 pm to 5:00 pm

Ages 5 to 10

Location: Town Hall Building Conference Room # 2

NEW!

FALL REGISTRATION**Please Mail to: Belmont Recreation Department P.O. Box 56, Belmont MA 02478**

Name: _____ DOB: _____ Mailing Address: _____

Phone: _____ **Reliable** Emergency Phone: _____ E-Mail: _____

I hereby grant permission for myself / my child to participate in the Belmont S.P.O.R.T. program. I expressly agree to release and save harmless the Town of Belmont or any of its employees and volunteers from any liability for injury resulting from participation in this program.

Date _____ Parent/Guardian Signature _____

Program		Date	Res	NON	check box
Swim Lessons/Begin 1		Oct 17-Dec 12	\$40	\$50	
Swim Lessons/Begin 2		Oct 17-Dec 12	\$40	\$50	
Swim Lessons/Interm		Oct 17-Dec 12	\$40	\$50	
Swim Lessons/Adv		Oct 17-Dec 12	\$40	\$50	
Special Olympic Soccer		Sept 13- Oct 25	\$40	\$50	
Unified Flag Football		Sept 13- Nov 8	\$40	\$50	
R.A.D Self Defense		Sept 14 - Sept 23	\$5	\$15	
Water Aerobics		Oct 1- Dec 10	\$40	\$50	
Saturday Mini Camp		Oct 17-Dec 12	\$40	\$50	
Time Out		Oct 17-Dec 12	N/A	N/A	
Candlepin Bowling League		Oct 17-Dec 12	\$40	\$50	
Floor Hockey		Oct 25 - March 4	\$40	\$50	
Special Olympics B-ball		Nov 24- March 2	\$40	\$50	
Dance Like a Star		Sept 21 - Nov 16	\$40	\$50	
Ice Skating		Nov 8 - Dec 20	\$40	\$50	
Friday Night Socials		Sept- June	\$0	\$20	
Children's Program		Oct 7- Oct 28	\$30	\$40	
Lights Camera Action		Sept 17- Nov 19	\$40	\$50	

**Non-Resident is anyone who does not live in Belmont, Watertown, Waltham and Arlington. **

Friday night socials: \$20 covers the registration fee. There may be additional costs depending on the program. If you do not sign up for Friday Night Socials you will not receive the schedules in the mail.

The Beech Street Center 266 Beech Street Belmont, MA 02478

Total of Check Enclosed: \$_____ Make all checks payable to: **TOWN OF BELMONT**

Mail Registration form and payment to: Belmont Recreation Department P.O. BOX 56 Belmont, MA 02478

WINTER REGISTRATION**Please Mail to: Belmont Recreation Department P.O. Box 56, Belmont MA 02478**

Name: _____ DOB: _____ Mailing Address: _____

Phone: _____ **Reliable** Emergency Phone: _____ E-Mail: _____

I hereby grant permission for myself / my child to participate in the Belmont S.P.O.R.T. program. I expressly agree to release and save harmless the Town of Belmont or any of its employees and volunteers from any liability for injury resulting from participation in this program.

Date _____ Parent/Guardian Signature _____

Program: Dates: Resident Non-Res. Check Off

Swim Lessons/Begin. 1	Jan 9- March 19	\$40		\$50	
Swim Lessons/Begin. 2	Jan 9- March 19	\$40		\$50	
Swim Lessons/Interm	Jan 9- March 19	\$40		\$50	
Swim Lesson/Adv	Jan 9- March 19	\$40		\$50	
Dancing like a Star	Jan 4- March 14	\$40		\$50	
Water Aerobics	Jan 7- March 17	\$40		\$50	
Saturday Mini-Camp	Jan 9- March 19	\$40		\$50	
Time Out	Jan 9- March 19	N/A		N/A	
Candlepin Bowling League	Jan 9- March 19	\$40		\$50	
Ice Skating	Jan 10 - Feb 21	\$40		\$50	
Nordic Skiing	Jan 5 - Feb 9	\$10		\$20	
Alpine Skiing	Jan 9 - Feb 13	\$10		\$20	
Children's program	Jan 6- Jan 27	\$30		\$40	

****Non-Resident is anyone who does not live in Belmont, Watertown, Waltham and Arlington. ****

Total of Check Enclosed: \$_____ Make all checks payable to: **TOWN OF BELMONT**

Mail Registration form and payment to:
Belmont Recreation Department
P.O. Box 56
Belmont, MA 02478

Dear Parents and Friends of Athletes.

Last year we had an overwhelming response to our request for support at programs and events. We are asking for your help again. Below are events occurring during the year which requires extra help. We ask that if it is possible, you sign up to help out at one of these events.

Name

Phone Number

Golf Tournament

Wednesday, September 16, 2015

8am-11am

11am-3pm

Basketball Shoot a Thon

Fri. Nov. 20, 2015

Holiday Party

Saturday, Dec. 12, 2015

Family BINGO Night

March 2016 (TBA)

Coach or be an assistant coach

Be a Unified Partner

(Be specific as to where you can help)

Please describe below any other way you would like to assist. Thank you for your help!

Thank

You